

BRAINSTORMING

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Brainstorming is an on-line publication of the National Alliance on Mental Illness (NAMI) - Wichita Affiliate. It is made up of articles encompassing the topic of mental illness. Information provided in this e-magazine is for informational purposes only, has not been researched or independently verified and is not intended as medical advice. Views published in Brainstorming are those of the individual authors and contributors and do not reflect and are not endorsed as local, state or national NAMI positions. To read the full articles, click on the "Read more" link following the introduction to each article. To submit articles and other material to be considered for inclusion in this e-magazine, contact Lynn Kohr at l.kohr@namiwichita.org.

Secrets for Changing Our Habits for Long-Lasting Results

Possibilities open up when we don't have to rely on motivation or willpower to claw our way through creating a change in our lives. Instead, we can hack our own daily, automatic, habitual mind to create a new routine and environment for success.

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Study Reveals Adults With Mental Disorders Are At Significantly Higher Risk of COVID-19 and Have Poorer Outcomes

A systematic study based on the health histories of over 61 million American adults has found that people with a recent diagnosis of a mental disorder have a significantly increased risk for COVID-19 infection and tend to have worse outcomes than people infected with COVID-19 who don't have a mental disorder.

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The Teen Brain: 7 Things to Know

Did you know that **big** and **important changes** are happening in the brain during adolescence? Here are **7 things to know about the teen brain**.

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Seasonal Affective Disorder

Many people go through short periods of time where they feel sad or not like their usual selves. Sometimes, these mood changes begin and end when the seasons change. People may start to feel “down” when the days get shorter in the fall and winter (also called “winter blues”) and begin to feel better in the spring, with longer daylight hours.

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5 Strategies for When Bipolar Depression Returns

To prepare for the possibility of a relapse of bipolar depression, it is important to consider a few ideas about mindset, control, and support.

While bipolar is often equated with mania, it’s bipolar depression that predominates for most people and can be a destructive force in our lives. When the despair finally lifts, it can feel like a joyous return to life. Yet, in the shadows lurks the fear of a return to this dreaded state, particularly since the potential for relapse is not uncommon with a bipolar diagnosis. While there are self-care strategies to help prevent recurrences—like identifying which stressors leave us vulnerable—there are also evidence-based options to help stabilize symptoms so that we may climb out of depression when the darkness does return.

[Read more](#)

How to talk to children about suicide: An age-by-age guide

Parents may feel wary about talking about mental health and suicide with their children, but experts say it's important. Death by suicide has increased every year since 1999 in people age 10 to 74. Talking about it makes a huge difference.

"It can go a long way to feel supported by other people," Thea Gallagher, clinic director at the Center for Treatment and Study of Anxiety in the Perelman School of Medicine at the University of Pennsylvania, told TODAY Parents.

What's more, discussing suicide doesn't encourage it.

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